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In the United States Patent and Trade Mark Office

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In re application of : DANNY ADCOCK
Title: EXERCISE DEVICE
Serial Number: 10/537240
Filed on : 26 November 2003
10 Correspondence Date: 1 May 2009
Examiner: LoAn H. Thanh
Art Unit 3764

15 Amendment and Response to First Official Action mailed 23 January 2009 and to the
advisory action dated 1 May 2009

Commissioner of Patents
P.O. Box 1450

20 Alexandria VA 22313-1450

Sir,

25 This amendment is in response to the office action mailed to the applicant on 1 May
2009.

- A Set out below is a complete listing of the claims.
B The listing includes the text of all pending claims (including withdrawn claims)
30 C Each claim includes a status identifier.

Please amend the above application as indicated below:

In the claims:

- 35 1. (DELETED) A device for the exercise of the musculature of the upper arm, said
device adapted to provide a resistance force to the rotational movement about the elbow
of the forearm towards the upper arm and wherein said rotational movement lies between
the limits of approximately an angle of 90.degree. at the elbow and that angle between
said forearm and said upper arm limited by contact between said forearm and said upper
40 arm.

2. (DELETED) The device of claim 1 wherein said device comprises telescopically